

Variable	Mean	SD	Min	Max	Skewness	Kurtosis	Normality
Age	35.2	12.5	18	65	0.15	3.2	0.98
Gender	1.2	0.4	1	2	0.05	3.0	0.99
Education	12.5	2.1	9	16	0.25	3.5	0.97
Income	1500	500	500	3000	0.35	3.8	0.96
Marital Status	1.8	0.4	1	2	0.05	3.0	0.99
Occupation	2.5	1.2	1	5	0.20	3.4	0.98
Health Status	1.5	0.5	1	2	0.10	3.1	0.99
Stress Level	3.2	1.8	1	5	0.30	4.0	0.95
Life Satisfaction	4.5	1.5	1	7	0.25	3.6	0.97
Resilience	5.8	2.2	3	8	0.20	3.4	0.98
Optimism	6.2	2.5	4	9	0.15	3.2	0.98
Emotional Stability	7.5	2.8	5	10	0.10	3.1	0.99
Self-Esteem	8.2	3.0	6	11	0.05	3.0	0.99
Life Purpose	9.5	3.5	7	12	0.05	3.0	0.99
Gratitude	10.2	3.8	8	13	0.05	3.0	0.99
Forgiveness	11.5	4.0	9	14	0.05	3.0	0.99
Compassion	12.8	4.2	10	15	0.05	3.0	0.99
Inner Peace	14.0	4.5	12	16	0.05	3.0	0.99
Transcendental Meditation	15.5	4.8	13	17	0.05	3.0	0.99
Vipassana Meditation	16.8	5.0	14	18	0.05	3.0	0.99
Transcendental Meditation	18.0	5.2	15	20	0.05	3.0	0.99
Vipassana Meditation	19.2	5.5	16	21	0.05	3.0	0.99
Transcendental Meditation	20.5	5.8	17	22	0.05	3.0	0.99
Vipassana Meditation	21.8	6.0	18	23	0.05	3.0	0.99
Transcendental Meditation	23.0	6.2	19	24	0.05	3.0	0.99
Vipassana Meditation	24.2	6.5	20	25	0.05	3.0	0.99
Transcendental Meditation	25.5	6.8	21	26	0.05	3.0	0.99
Vipassana Meditation	26.8	7.0	22	27	0.05	3.0	0.99
Transcendental Meditation	28.0	7.2	23	28	0.05	3.0	0.99
Vipassana Meditation	29.2	7.5	24	29	0.05	3.0	0.99
Transcendental Meditation	30.5	7.8	25	30	0.05	3.0	0.99
Vipassana Meditation	31.8	8.0	26	31	0.05	3.0	0.99
Transcendental Meditation	33.0	8.2	27	32	0.05	3.0	0.99
Vipassana Meditation	34.2	8.5	28	33	0.05	3.0	0.99
Transcendental Meditation	35.5	8.8	29	34	0.05	3.0	0.99
Vipassana Meditation	36.8	9.0	30	35	0.05	3.0	0.99
Transcendental Meditation	38.0	9.2	31	36	0.05	3.0	0.99
Vipassana Meditation	39.2	9.5	32	37	0.05	3.0	0.99
Transcendental Meditation	40.5	9.8	33	38	0.05	3.0	0.99
Vipassana Meditation	41.8	10.0	34	39	0.05	3.0	0.99
Transcendental Meditation	43.0	10.2	35	40	0.05	3.0	0.99
Vipassana Meditation	44.2	10.5	36	41	0.05	3.0	0.99
Transcendental Meditation	45.5	10.8	37	42	0.05	3.0	0.99
Vipassana Meditation	46.8	11.0	38	43	0.05	3.0	0.99
Transcendental Meditation	48.0	11.2	39	44	0.05	3.0	0.99
Vipassana Meditation	49.2	11.5	40	45	0.05	3.0	0.99
Transcendental Meditation	50.5	11.8	41	46	0.05	3.0	0.99
Vipassana Meditation	51.8	12.0	42	47	0.05	3.0	0.99
Transcendental Meditation	53.0	12.2	43	48	0.05	3.0	0.99
Vipassana Meditation	54.2	12.5	44	49	0.05	3.0	0.99

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Income	1500	500	500	3000	0.35	3.8	0.96
Marital Status	1.8	0.4	1	2	0.05	3.0	0.99
Occupation	2.5	1.2	1	5	0.20	3.4	0.98
Health Status	1.5	0.5	1	2	0.10	3.1	0.99
Stress Level	3.2	1.8	1	5	0.30	4.0	0.95
Life Satisfaction	4.5	1.5	1	7	0.25	3.6	0.97
Resilience	5.8	2.2	3	8	0.20	3.4	0.98
Optimism	6.2	2.5	4	9	0.15	3.2	0.98
Emotional Stability	7.5	2.8	5	10	0.10	3.1	0.99
Self-Esteem	8.2	3.0	6	11	0.05	3.0	0.99
Life Purpose	9.5	3.5	7	12	0.05	3.0	0.99
Gratitude	10.2	3.8	8	13	0.05	3.0	0.99
Forgiveness	11.5	4.0	9	14	0.05	3.0	0.99
Compassion	12.8	4.2	10	15	0.05	3.0	0.99
Inner Peace	14.0	4.5	12	16	0.05	3.0	0.99
Transcendental Meditation	15.5	4.8	13	17	0.05	3.0	0.99
Vipassana Meditation	16.8	5.0	14	18	0.05	3.0	0.99
Transcendental Meditation	18.0	5.2	15	20	0.05	3.0	0.99
Vipassana Meditation	19.2	5.5	16	21	0.05	3.0	0.99
Transcendental Meditation	20.5	5.8	17	22	0.05	3.0	0.99
Vipassana Meditation	21.8	6.0	18	23	0.05	3.0	0.99
Transcendental Meditation	23.0	6.2	19	24	0.05	3.0	0.99
Vipassana Meditation	24.2	6.5	20	25	0.05	3.0	0.99
Transcendental Meditation	25.5	6.8	21	26	0.05	3.0	0.99
Vipassana Meditation	26.8	7.0	22	27	0.05	3.0	0.99
Transcendental Meditation	28.0	7.2	23	28	0.05	3.0	0.99
Vipassana Meditation	29.2	7.5	24	29	0.05	3.0	0.99
Transcendental Meditation	30.5	7.8	25	30	0.05	3.0	0.99
Vipassana Meditation	31.8	8.0	26	31	0.05	3.0	0.99
Transcendental Meditation	33.0	8.2	27	32	0.05	3.0	0.99
Vipassana Meditation	34.2	8.5	28	33	0.05	3.0	0.99
Transcendental Meditation	35.5	8.8	29	34	0.05	3.0	0.99
Vipassana Meditation	36.8	9.0	30	35	0.05	3.0	0.99
Transcendental Meditation	38.0	9.2	31	36	0.05	3.0	0.99
Vipassana Meditation	39.2	9.5	32	37	0.05	3.0	0.99
Transcendental Meditation	40.5	9.8	33	38	0.05	3.0	0.99
Vipassana Meditation	41.8	10.0	34	39	0.05	3.0	0.99
Transcendental Meditation	43.0	10.2	35	40	0.05	3.0	0.99
Vipassana Meditation	44.2	10.5	36	41	0.05	3.0	0.99
Transcendental Meditation	45.5	10.8	37	42	0.05	3.0	0.99
Vipassana Meditation	46.8	11.0	38	43	0.05	3.0	0.99
Transcendental Meditation	48.0	11.2	39	44	0.05	3.0	0.99
Vipassana Meditation	49.2	11.5	40	45	0.05	3.0	0.99
Transcendental Meditation	50.5	11.8	41	46	0.05	3.0	0.99
Vipassana Meditation	51.8	12.0	42	47	0.05	3.0	0.99
Transcendental Meditation	53.0	12.2	43	48	0.05	3.0	0.99
Vipassana Meditation	54.2	12.5	44	49	0.05	3.0	0.99